

A Silent Companion Through Pregnancy

GESTATIONAL DIABETES

What is Gestational Diabetes?

The emotion of being pregnant is a unique feeling for women, it is the uncertainty of what will come in the near future. Many women go through the stage of breaking eating habits to eating whatever they feel like, and this is not the way it should be. Creating a life takes many nutrients from the mother, therefore a balanced nutrition is recommended for mother and baby to be healthy.

As the weeks pass by, the mother will notice different changes in her daily life. Many women are not well informed about the different secondary health changes that will happen in their system. One of the changes is Gestational Diabetes, some women go through the GD blood sampling and when they come positive they

overwhelm them selves with the thoughts on "How will this affect me and my baby? How will this affect me?"

This is a type of diabetes that some women get during pregnancy. Between 2 and 10 percent of expectant mothers develop this condition, making it one of the most common health problems of pregnancy.

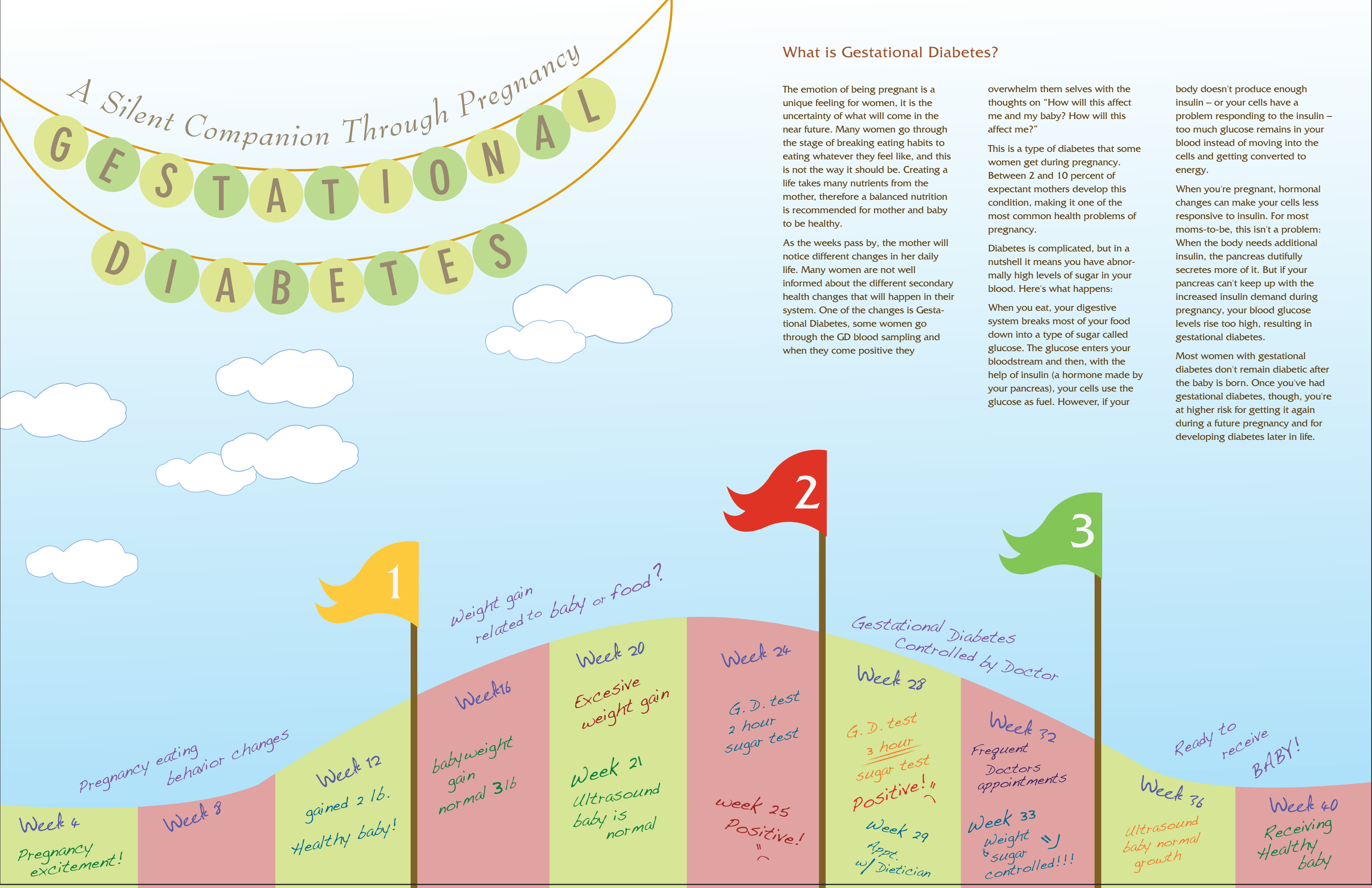
Diabetes is complicated, but in a nutshell it means you have abnormally high levels of sugar in your blood. Here's what happens:

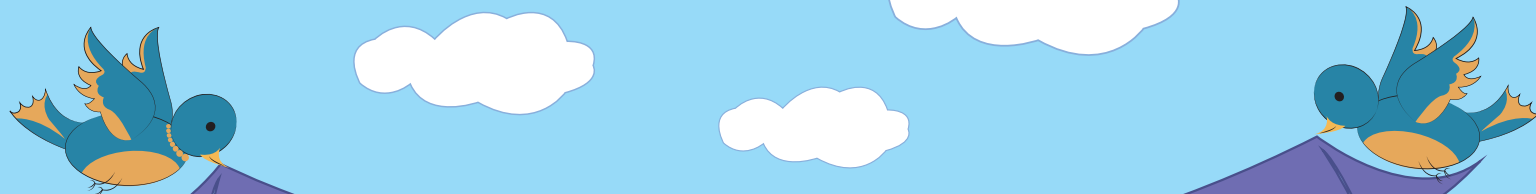
When you eat, your digestive system breaks most of your food down into a type of sugar called glucose. The glucose enters your bloodstream and then, with the help of insulin (a hormone made by your pancreas), your cells use the glucose as fuel. However, if your

body doesn't produce enough insulin – or your cells have a problem responding to the insulin – too much glucose remains in your blood instead of moving into the cells and getting converted to energy.

When you're pregnant, hormonal changes can make your cells less responsive to insulin. For most moms-to-be, this isn't a problem: When the body needs additional insulin, the pancreas dutifully secretes more of it. But if your pancreas can't keep up with the increased insulin demand during pregnancy, your blood glucose levels rise too high, resulting in gestational diabetes.

Most women with gestational diabetes don't remain diabetic after the baby is born. Once you've had gestational diabetes, though, you're at higher risk for getting it again during a future pregnancy and for developing diabetes later in life.





Oral Glucose Tolerance Test

How does Gestational Diabetes gets Diagnosed ?

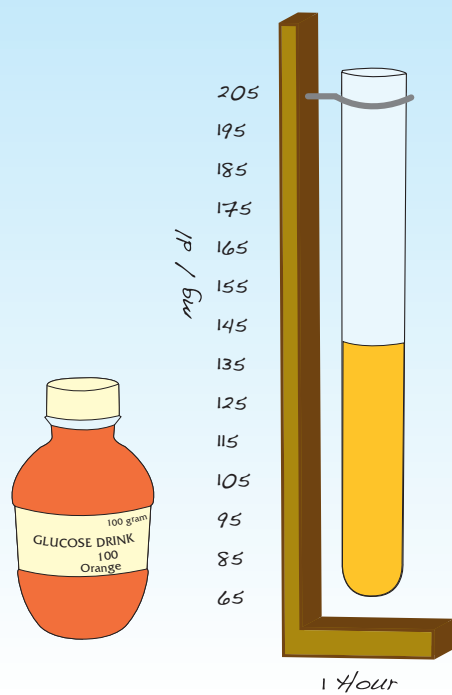
What are the usual methods of screening?

What are the normal parameters for blood glucose in pregnancy?

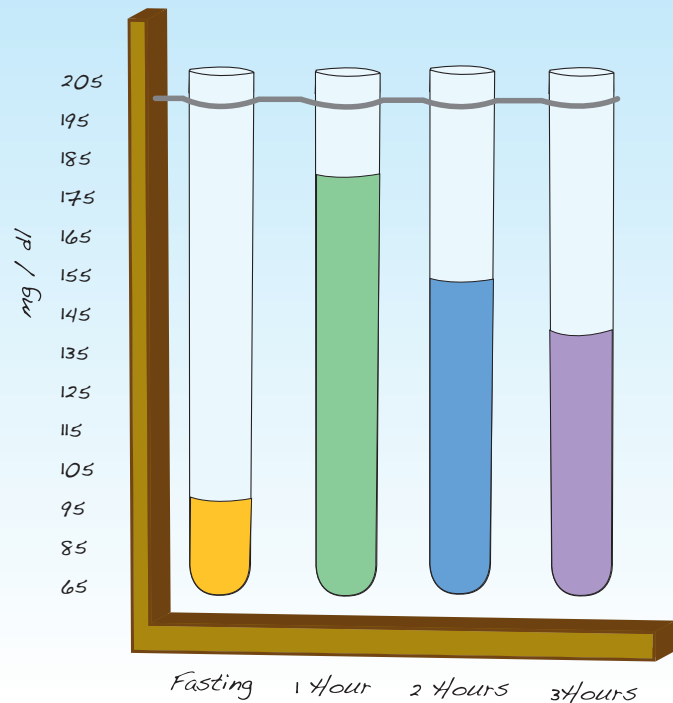
The American Diabetes Association (ADA) recommends an Oral glucose tolerance test (OGTT), which checks for gestational Diabetes for all expectant mothers. This test is common during the 24th to the 28th week of pregnancy. typically, the dose of glucose that is given is 50 or 100g. Normal values for pregnancy are described below; values above this range indicate GD.

OGTT Normal Values

First test
1 hour glucose tolerance



Second Test
3 hour glucose tolerance



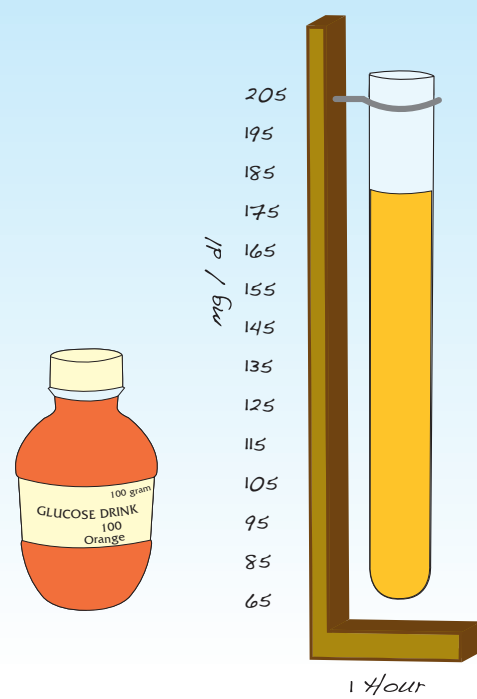
Case Study of a woman with Gestational Diabetes

A 38 year old woman, who had gained 28 lb, was asked to take a 3 hour test after a 1 hour 50 g glucose screen yield a result of 180 mg/dl at 28 weeks of pregnancy. She was reluctant to get the test but the physician said that this was probably a false alarm and she should just rule out any problem. Based on these results, she was diagnosed with GD.

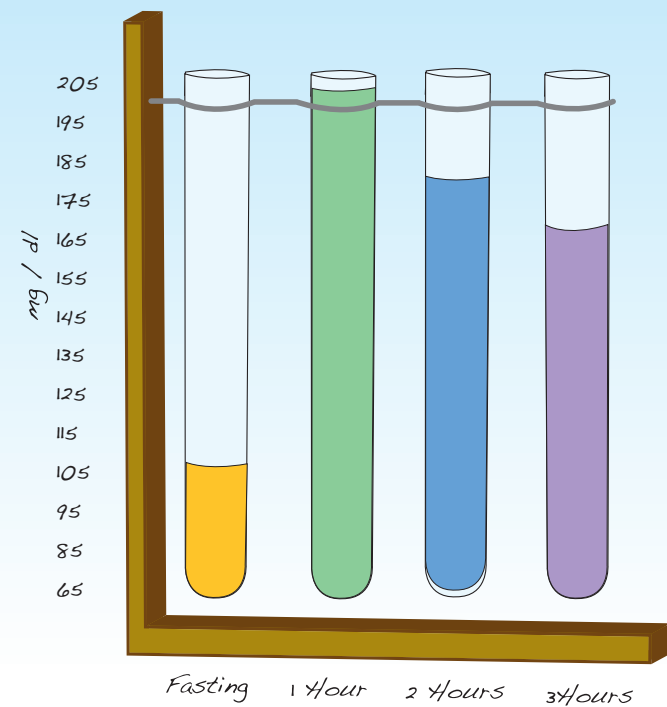
Her OGTT results read as follows:

OGTT Abnormal Values

First test
1 hour glucose tolerance



Second Test
3 hour glucose tolerance



Healthy Mom = Healthy Baby

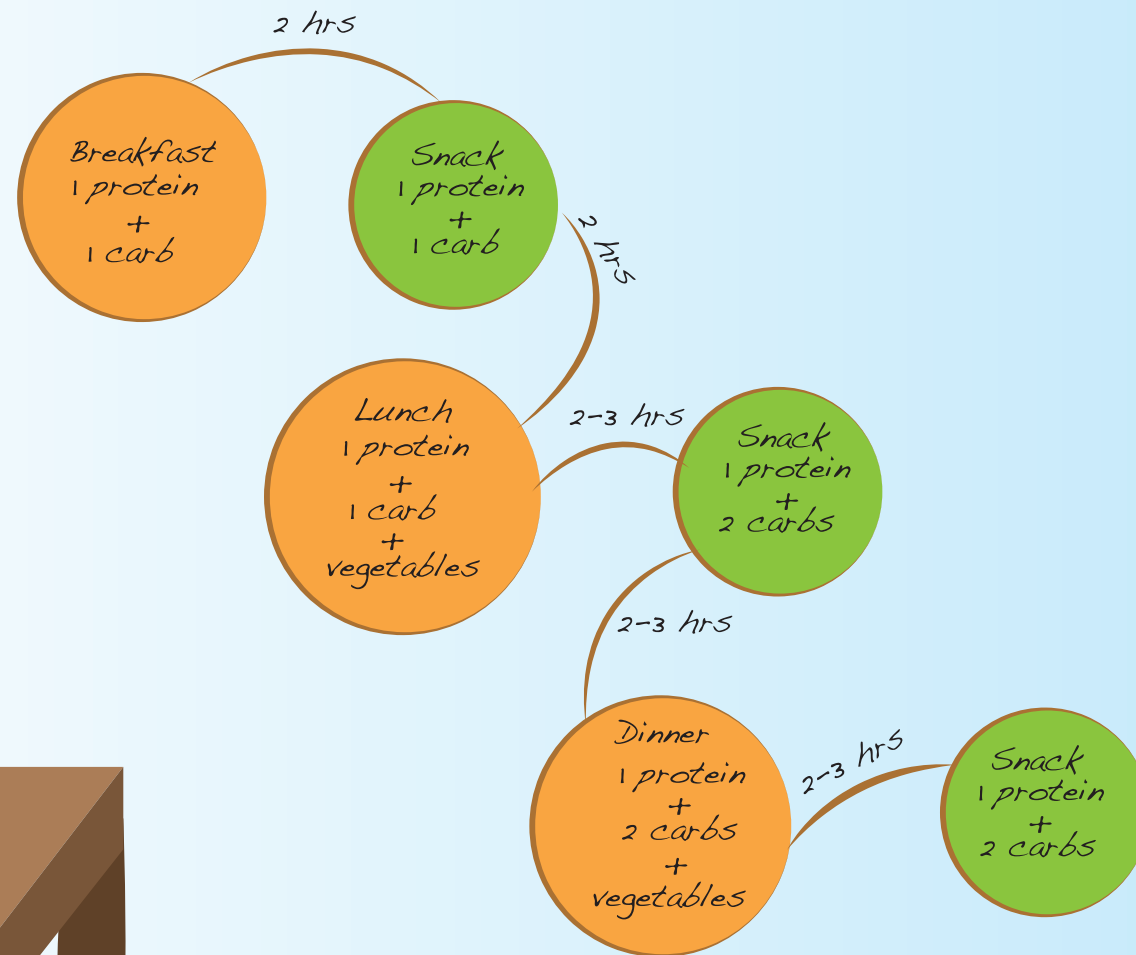
One of the best things about pregnancy is that it makes you more aware of your body's nutritional needs. The nutrients you need during pregnancy are not very different from the nutrients you need when you are not pregnant. However good nutrition is especially important now, because it affects your baby's growth and development.

Being pregnant is the perfect motivation to improve your diet and lifestyle habits so that both, you and your baby will be as healthy as possible. Therefore, aim for three goals:

1. Eat a well-rounded diet
2. maintain an appropriate weight gain
3. Make time for physical activity

During pregnancy you need an extra 25 grams of protein everyday. Foods from the Meat & Beans and Milk and Milk products groups are excellent sources of protein, and provide other nutrients that your body needs as well.

It is important to divide your diet into 6 meals :



Portion Food Chart

When choosing food for your meals, you can follow this chart to keep yourself away from unhealthy foods. Keeping a portion controlled diet is important, this way baby and mom will have an appropriate weight gain.

